



# AUGUST 2018

National City George H Waters  
AT THE TOWERS  
1415 "D" Avenue- National City, CA 91950  
(619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p>	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>	<p>1) TEXAS STYLE BEEF BRISKET</p> <p>MASHED POTATOES BROCCOLI &amp; CARROTS MACARONI SALAD APPLE TART MILK</p>	<p>2) BBQ CHICKEN</p> <p>BAKED BEANS CALIFORNIA BLEND FRUIT SALAD LEMON PUDDING MILK</p>	<p>3) CATCH OF THE DAY</p> <p>STEAK FRIES GREEN BEANS CARROT SALAD HONEYDEW MELON MILK</p>
<p>6) SLOW COOKED PEPPER STEAK</p> <p>STEAMED RICE ORIENTAL VEGGIE MIX AMBROSIA SALAD LEMON SHERBET MILK</p>	<p>7) HONEY GLAZED HAM</p> <p>AU-GRATIN POTATOES STEAMED BROCCOLI FRUITED GELATIN SALAD BANANA MILK</p>	<p>8) OLD FASHIONED TURKEY DINNER</p> <p>BAKED SWEET POTATOES STEAMED PEAS CRANBERRY ORANGE NUT SALAD PUMPKIN TART MILK</p>	<p>9) CHICKEN ENCHILADAS VERDES</p> <p>SPANISH RICE MEXICALI BLEND CAESAR SALAD CANTALOUPE MILK</p>	<p>10) CATCH OF THE DAY</p> <p>MAC &amp; CHEESE BUTTERED CORN CARROT SALAD PINEAPPLE W/ COCONUT MILK / JUICE</p>
<p>13) BEEF FRITTER</p> <p>RED POTATOES PEAS &amp; CARROTS LEAFY GREEN SALAD ORANGE SMILES MILK</p>	<p>14) CLASSIC BAKED CHICKEN</p> <p>MAC &amp; CHEESE TUSCAN STYLE VEGGIES TOMATO BASIL SALAD TROPICAL FRUIT CUP MILK</p>	<p>15) RUBBED PORK TENDERLOIN</p> <p>BOILED POTATOES CABBAGE &amp; CARROTS MARINATED BEET SALAD PEACH COBBLER MILK</p>	<p>16) CHICKEN PICCATA</p> <p>SAFFRON RICE SCANDINAVIAN VEGGIES CAESAR SALAD GRAPES MILK</p>	<p>17) CATCH OF THE DAY</p> <p>STEAMED RICE SWEET &amp; SOUR VEGGIES CHINESE NOODLE SALAD MANDARIN CUP MILK</p>
<p>20) BEEF BRISKET</p> <p>AU-GRATIN POTATOES NORMANDY BLEND CALIFORNIA PASTA SALAD FRESH APPLE MILK</p>	<p>21) BBQ CHICKEN ON THE GRILL</p> <p>BAKED BEANS FIVE WAY MIX MACARONI SALAD PINEAPPLE UPSIDE DOWN CAKE MILK / JUICE</p>	<p>22) SWEET &amp; SOUR PORK CHOP</p> <p>BROWN RICE ORIENTAL BLEND CHINESE NOODLE SALAD STRAWBERRIES MILK</p>	<p>23) IRISH BEEF STEW</p> <p>SCALLOPED POTATOES WINTER BLEND ROMAINE SALD PEACH MELBA MILK</p>	<p>24) CATCH OF THE DAY</p> <p>PASTA PILAF STEAMED CARROTS TOSSED SALAD ORANGE SMILES CUP MILK</p>
<p>27) BEEF POT ROAST</p> <p>BABY NEW POTATOES SAVORY WINTER BLEND GRILLED GARDEN SALAD BLUSHING PEARS MILK</p>	<p>28) ZESTY SICILIAN CHICKEN</p> <p>SAFFRON RICE SUCCOTASH TOMATO BASIL SALAD APRICOT PARFAIT MILK</p>	<p>29) SAUCY PORK MEDALLIONS</p> <p>WHIPPED YAMS BRUSSELS SPROUTS GREEN SALAD PINEAPPLE CHUNKS MILK</p>	<p>30) ROAST TURKEY</p> <p>MASHED POTATOES PEAS &amp; PEARL ONIONS CRANBERRY ORANGE NUT SALAD PUMPKIN TART MILK</p>	<p>31) CATCH OF THE DAY</p> <p>SPANISH RICE WINTER SQUASH JICAMA SLAW MELON MIX MILK</p>

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE COMMUNITY DEVELOPMENT COMMISSION OF THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.